

BERNARD KING'S Autumn Cookbook





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Introduction

Yet another cookbook! Who needs another cookbook? How many more cookbooks can you pile on your shelves? And of all things, why an autumn cookbook?

Meteorologists inform me that autumn spans 120 days, and my social columnist friend advises me that on ten out of 120 of those balmy days, eight out of ten gracious split-level home owners will invite two out of five of their closest friends to eat, drink, and be merry. The fare offered should capture the autumnal mood of the season, and this collection will show you how. Like autumn some dishes are hot, others warm, cool, or cold; they are mild but not bland, simple but colourful.

Let me suggest, with characteristic modesty, that my book will supplant all the others that you possess. All the dishes in this understated and elegant volume have been tried and tested for at least a minute each on *King's Kitchen*, my television series.

Every dish reflects, too, my philosophy in the kitchen—to cook to feed, without trapping the frail little cook over the stove, deprived of the joys of the arts, the cinema, the theatre, conversation. I allow time for social intercourse; and perhaps an extra-marital love affair between entrée and main course.

I don't really cook—I don't really work—I throw things into a pot, throw recipes out of the window, throw caution to the winds, throw modesty in the air—and, coincidentally, turn out some damn good food.

I admit freely and often that I am not qualified as a chef, only as an entertainer; but I have always found guests rather easy to get, gourmets hard to find, and fellow hosts rarer than Russian caviar at a butchers' picnic, or a nicely cooked snag at a barbecue.

For my style of cooking you will need no weights and measures—I rarely specify these, leaving it up to you to add your own brilliant touch to my clever creations. No calorie counters are required; eat my food and I guarantee your body will grow more voluptuous and your mind will glow with enthusiasm for the multifarious activities that you undertake in all the spare time I leave you.

Some people complain that my dishes cost too much—but why worry, as long as you have an oil well, or a tame Sheik in Arabia, a black diamond mine or a cluster of diamonds to hock.

The kind of person who would raise such an objection would probably prefer to attend the local Prawn Night anyway. For those of you living in culturally deprived States, a Prawn Night is a New South Welsh innovation, renowned for its contribution to culture and epicurean elegance. Many fluorescent tubes are lit, many trestle tables are spread with dazzling white paper, many plastic buckets are used both for the presentation of the prawns and the orgiastic regurgitating thereafter. Gay little bands of otherwise unemployable ageing English entertainers tell ageing English jokes on stage. In other words, these are occasions when our Australian culture reaches an all-time low. In this liberated age, even ladies are exposed to the grossness of it all.

The following creations are especially dedicated to the cause of 'How to

Avoid the Prawn Night'. So, ladies, begin each dish by opening the wine, consuming the contents, popping in the Carmen curlers, slapping on a face mask, gluing on the false nails, and reciting eerie snatches from the *Kama Sutra* while you dab extreme unctions on your vital parts.

If you are a man, pop the ring pull on a tube, slip the navy singlet over the seductive waistline, adjust the boxer shorts below same, tangle the toes in the thongs, and hum a few beery bars of 'Tie M' Kangaroo Down Sport'.

Now—let's get started!

Bernard K



BOUILLABAISSE BERNARD

If you are determined to be traditional, begin on the seashore where she sells sea-shells and prawn heads and lobster carcasses and any neglected underfed fish. Trot home with your basket over your shoulder, a scarf around your head, and your little legs sweating in Sicilian stockings. Commit the collection to a cauldron and simmer for more than 9 hours while you age miserably. Strain several times, remove the scum several times, and hang around the kitchen, staining your Pucci. You will achieve a cupful of thick pinkish cream which the purists call coral. You will also be several years older. Forget it — here below is my classic quickie.

Step 1 Sauté 2 large chopped *onions* in *butter* in a large pot.

Step 2 Now add 2 cans of *red salmon*, 2 cans of whole *tomatoes*, *salt*, *cracked black pepper*, and minced *garlic*. Cook for 3 to 4 minutes tumbling ingredients together. Toss in *fish pieces* of your choice and cook gently.

Step 3 The shellfish should be added in the last few minutes of cooking, in this order: first the *prawns* go in; as they begin to blush add *scallops*; as soon as they are firm add *oysters*. Serve immediately. The cooking will continue as the pot travels to the table.

Audiences frequently complain of my neglect of cost. It's not neglect my dears, it's practical. A party depends on the food. Consider for instance, that one ham is a better and more satisfying investment than anything you could find from the cheap end. You'll save in time and preparation and stun them all with what appears to be luxury.

WHOLE BAKED SCHNAPPER BERNARD

Here's a classic case of 'It's not what you do, it's the way that you do it!' The showmanship of the serving is the most important feature of this dish; but the feeding is not ignored: simplify this by slicing a knife down either side of the backbone at the table to defy the tendency of the fillets to fall away.

Step 1 Choose 2 beautiful large cleaned and scaled *schnapper*. Wipe them over with *lemon juice* and stuff with pre-cooked *rice* (coloured with saffron or turmeric) that has been seasoned with chopped *lemon*, *cracked black pepper*, and *salt*.

Step 2 Line an ovenproof platter with more pre-cooked rice seasoned in the same way.

Step 3 Stand fish up in rice. Stand spikes up along the spine and secure them with foil. Place in a moderate oven (170°C, 350°F) and bake for 45 to 60 minutes or until fish is cooked.

Step 4 Remove fish from oven and carefully peel foil from spikes. Serve immediately.

P.S. I always wipe the fish over with lemon juice rather than expose its delicate flesh to the vagaries of what passes for water in our towns. The lemon sharpens the colour and flavour and in this dish eliminates the need to baste.

Anyone who'll eat a club luncheon, a take-away snack, or anything in a paper bag is scarcely qualified to raise an eyebrow at the fare you offer. Remember my old adage—guests you can always get!





Whole Baked Schnapper Bernard

BAKED BREAM BERNARD

Step 1 Take cleaned and scaled *bream* and make three deep slashes on each side.

Step 2 Stuff fish with cooked *Mahatma long grain rice*, buttered *almonds*, chopped *shallots*, and grated *lemon rind*.

Step 3 Pack slashes with chopped *lemon* and loads of chopped *parsley*. Arrange fish on ovenproof platter.

Step 4 Brush with *ghee* and coat with *McCormick fish pan fry*. Bake in a moderate oven (170°C, 350°F) until cooked.

P.S. The pan fry creates a really delicious crust and assists in containing moisture.



FISH CASSEROLE BERNARD

Here's a cute way of offering a poor old mullet to a John Dory snob.

Step 1 Peel old *potatoes*, cut into dice, and cook. Drain and set aside.

Step 2 Take any *fish* and cut into strips. Heat *butter* in frypan, add fish fillets, and seal on both sides. Add diced potatoes and canned *artichokes* and fold through. Season with *salt*, *cracked black pepper*, and minced *garlic*.

Step 3 Turn this mixture into a large ovenproof casserole. Heat more *butter* until it is sizzling, add a good helping of *lemon juice*, and pour over fish in casserole. Place the casserole in a moderate oven (170°C, 350°F) until fish is completely cooked and the potatoes are heated through.

Note The extra cooking time will not be long at all. As an alternative you can just pan fry the fish and then layer in a casserole with the potatoes, artichokes, and seasoning. This way the oven time will be a little longer.

Simplify the task of serving many guests by offering a dish on the hour every hour. You sustain interest, relieve pressure in the kitchen, and prevent the Freds from wallowing in drunkenness.

JEWFISH CASSEROLE BERNARD

The succulent flesh of this rather unfashionable fish will provide a real surprise.

Step 1 Place *jewfish fillets* in a shallow ovenproof casserole. Cover with *fish stock* and a good squeeze of *lemon juice*.

Step 2 Bake in a moderate oven (170°C, 350°F) until fish is cooked. Pour off stock into a saucepan and keep cutlets warm.

Step 3 Add some fresh *cream* to the stock in the saucepan and season. Reduce over medium heat and then pour over fish. Sprinkle with crushed *Arnotts crisps* and serve.

HERBED JOHN DORY BERNARD

Seafoods enjoy Amana Radarange cooking best of all; it ensures that flavour and texture will be at their peak. In this recipe I have used John Dory, but any fish fillets can be used.

Step 1 Beat 125 grams of *butter* with 1 tablespoon of fresh *dill*, 1 tablespoon of chopped *chives*, 1 teaspoon of dried *tarragon*, 1 tablespoon of *lemon juice*, and *cracked black pepper*.

Step 2 Place *fish fillets* of your choice on a glass plate and brush with *lemon juice*. Place in your Amana Radarange and cook. Cooking time will depend on the quantity of fillets, so set the dial according to the instructions.

Step 3 When the fillets are cooked, remove and serve with the flavoured butter, either on top or separately.

Note If using a conventional oven, cook the fillets on an ovenproof platter in a moderate oven (170°C, 350°F).

RED FISH IN BLACK BUTTER SAUCE BERNARD

My black butter technique breaks the good cooking rules. Well trained housewives are advised to add butter to a cold pan and warm them together. Here I throw the butter on to a hot pan to brown the butter first and darken the flavour of both the fish and the resultant sauce.

Step 1 In a good heavy pan heat *butter* until it starts to brown.

Step 2 Add *red fish fillets* which have been tossed in seasoned *flour* (flour seasoned with *garlic powder* and *black pepper*).

Step 3 Turn fillets once. They will cook very quickly. Remove to a serving dish.

Step 4 To the pan add *lemon juice*, chopped *chives*, and toasted *almonds*. Stir to combine all the flavour from the pan and heat through. Pour over fish and serve immediately.

P.S. This recipe can also be used for trout, whiting, baby bream, garfish, and sardines. Keep the temperature high and don't go away!

A WHITING QUICKIE BERNARD

Step 1 Heat your Royal Doulton platter in the oven for 10 minutes at top heat.

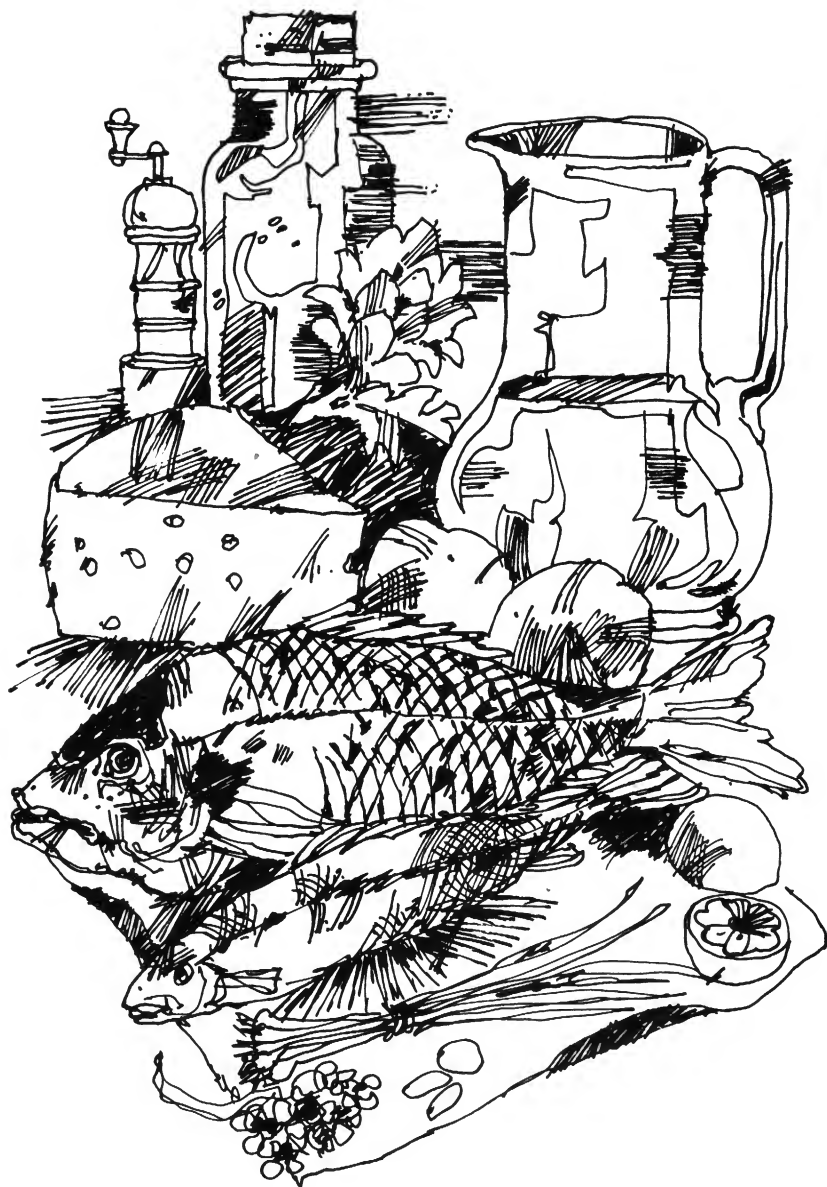
Step 2 While the platter heats, brush *fish fillets* with melted *butter* and *lemon juice*.

Step 3 Take platter from oven (with care!) and arrange fish thereon. Pour over more butter and lemon.

Step 4 Return to oven—keeping temperature on high—they're done in 10 minutes at the most.

P.S. Serve the fish solo—no extras are necessary. Your diners will be impressed with the express delivery!

Garnishing is usually my last concern. Sprigs of anything distract me—I'd rather have the whole paddock of parsley.



FLIM-FLAM FLATHEAD BERNARD

Close inspection of the humble flathead will reveal several vicious spines located on the back of the head and at the top of the dorsal fin. Take Fred's garden secateurs, sterilise in Napi-san, and perform an amputation. It makes the handling so much more comfortable.

Step 1 Stuff whole cleaned *flathead* with *rice stuffing*. Arrange on a bed of the same. Brush skin with *ghee* and coat with Kellogg's *Corn Flake crumbs*. Bake in a moderate oven (170°C, 350°F) until cooked.

Step 2 Remove fish from the oven and allow to cool slightly. Carefully peel away the skin and chill fish in the refrigerator.

Step 3 In a bowl combine 1 carton of thick *sour cream* with 1 cup of *mayonnaise* and 1 tablespoon of *dill seed*.

Step 4 Remove fish from refrigerator, coat with sour cream mixture, and serve.

Rice Stuffing Season 4 cups of cooked *long grain rice* with chopped *parsley*, minced *garlic*, grated rind of 2 *lemons*, 1 teaspoon of dried *dill weed*, salt and *pepper*.

GARLIC PRAWNS BERNARD

Your reputation as a cook can be constructed on one special dish, and since garlic prawns are at present the height of fashion, why not dazzle everyone with this recipe. I am giving you the basics; it's up to you to create a sensation with your own piquant touch—a dash of soy, a sprinkle of cayenne, a load of paprika, or a dash of Tabasco.

Step 1 Peel your *green prawns*, leaving their little tails untouched by human hands.

Step 2 Marinate in *lemon juice* and *garlic powder* for 2 to 3 hours, turning once or twice.

Step 3 Heat a little *ghee* in a cast iron pot in a hot oven (200°C, 400°F).

Step 4 Remove the pot from the oven to toss in the prawns. Return to the oven and cook until the prawns are pink. Serve immediately.

P.S. I use my cast iron pot for 10 to 15 people. For larger numbers I pile the prawns on a large oven-to-table platter. I stress that you must use green prawns: the pre-cooked lovelies will toughen.

MINTED PRAWNS BERNARD

Here's my special suggestion under the category of 'How to Avoid the Prawn Night'. My sauce can be prepared in advance, packed in a plastic bag, and secreted in your Orotan for all occasions.

Step 1 First peel your cooked *prawns* and chill until needed.

Step 2 Make up your favourite *French dressing*. I use 2 parts of *oil* to 1 part of *vinegar*.

Step 3 While your dressing is still in the blender, add 1 cup of *mint leaves* and whizz for 60 seconds. Notice the beautiful cool green colour!

Step 4 Remove prawns from the refrigerator and tumble them over a bed of pre-cooked *rice*, flavoured with sliced *shallots*.

Step 5 Pour dressing over prawns and toss just before serving.

PRAWN SURPRISE BERNARD

Step 1 In a bowl combine 4 cups of roughly chopped cooked *king prawns*, 1 bunch of chopped *shallots*, lots of chopped *parsley*, chopped fresh *ginger root*, 1 carton of *cottage cheese*, salt, *cracked black pepper*, minced *garlic*, and 2 *eggs*. Mix well.

Step 2 Lay out 1 packet of *filo pastry* on a board. Cut the sheets in half lengthwise, and cover with a damp cloth to stop them from drying out.

Step 3 Melt lots of *butter*. Take one sheet of pastry and brush it with butter. Place a large spoonful of prawn mixture on one end, and roll up, tucking in sides as you go. Brush with more butter and place on a greased baking tray. Repeat this until all the mixture is used.

Step 4 Bake in a moderate oven (170°C, 350°F) until golden brown. Serve immediately.

P.S. There you are, my darlings, your very own Chikos—now add a mob of screaming drunks, twenty-two fat sweating out-of-condition footballers, and you'll be a super Aussie Mum!

Don't ever tell Fred what you're putting in the dish. Chances are his mother wouldn't have liked it, so he, poor thing, won't dare try it. Still, you can always smother it in tomato sauce if he finds out.





Garlic Prawns Bernard

ONE POT CHOOK 'N' SPAG BERNARD

This spectacular but enormously convenient dish is a product of my early days as a starving actor feeding a great many fellow Thespians. It requires a huge pot or cauldron—I used half a kerosene tin or a stainless steel tub in the old days, but since then I have graduated to a handsome cast iron pot luxuriously enamelled.

This dish itself remains the same, however. Everything is done in the one pot on only one cooking area of the stove. The resultant mixture is very rich and sumptuous because the spaghetti isn't drained; so it is perfect for your calorie-conscious Freds, who will wash it down with a flood-like flow of the good old amber, while your dainty ladies can sip a simple white.

Step 1 Brown *chicken thighs* in *ghee* in a large pot such as a Dutch oven.

Step 2 Add sliced *onion* and chopped *capsicum*; cook for 3 to 4 minutes.

Step 3 Stir in a mixture of *tomato paste* and *tomato purée* for extra richness.

Step 4 Cover with a large quantity of *chicken stock*, season with minced *garlic*, *cracked black pepper*, and *salt*. Stir.

Step 5 Bring to a brisk boil then add *spaghetti*. I have proved in the past that by the time the spaghetti is cooked, so is the chicken, and I suggest that you time your dish accordingly. Sit with the pot and stir from time to time to prevent the pasta from settling on the bottom, and whatever you do, don't let it overcook. Serve from the cooking pot.

P.S. If you are concerned about the chicken fat floating on the top, toss a few ice cubes in. The fat will congeal on them and can be spooned away.

There are several points I would like to make about modern poultry. When old timers say to me, 'There's no flavour in nothin' no more', I frequently disagree. I seriously consider that the plump moist tender modern bird is on the whole superior to the range fed creatures we all used to know. So we 20th century connoisseurs can thank today for today's bird. If she is chosen frozen, thaw her with care and she will respond to any of the thousands of ideas you will find flowing from King's Kitchen.

CHICKEN A LA KING BERNARD

Elevate your catering to an all-time low that will compete with the wedding reception. Hire a hall, install a keg, switch on the fluorescents—here's the classic trough!

Seriously though, this one offers smooth luxury.

Step 1 Poach 2 *chickens* until tender, remove, and reserve stock. Allow birds to cool a little then take flesh from bones.

Step 2 In a deep casserole dish layer pre-cooked *long grained rice*, chicken flesh, 1 jar of *Fullers stuffed olives*, and 1 can of *Admiral artichokes*, drained. Repeat until all ingredients are used.

Step 3 Pour over *Sauce Bernard* and cover with *Kelloggs Corn Flake crumbs*. Sprinkle with grated *Parmesan cheese*. Bake in a moderate oven (170°C, 350°F) for about 30 minutes or until heated through. Serve.

Sauce Bernard Melt 65 grams of *butter* in a saucepan, add 2 *onions*, finely chopped, and 2 *green capsicums* finely sliced; sauté for 4 to 5 minutes. Add ¼ cup of *plain flour* and cook, stirring, for 1 minute. Gradually add 2 cups of fresh *cream* and 2 cups of reserved *chicken stock*. Stir over medium heat until thickened. Season with *salt* and *cracked black pepper*.

P.S. All but the cover of crumbs and the sprinkle of cheese can be prepared well ahead, so when the mob arrives, step into your *Osti*, kick start the oven, and accept the praise.

CHICKEN MARYLAND BERNARD

Don't drop your best Royal Doulton platter when you see that I'm using a bed of rice again in this recipe. This recurring bed of rice serves two useful purposes: we supply the whole meal on one platter, and we provide a base for artistic arranging of the goods. With thighs or drumsticks forced into the rice, knuckles flying high, the effect is more than stylish—it's positively Orotol!

Step 1 Season *chicken Maryland pieces* and brush them with *mayonnaise*.

Step 2 Coat well with *Kelloggs Corn Flake crumbs*.

Step 3 Line an ovenproof serving dish with a bed of pre-cooked *long grain rice* and arrange prepared chicken on top.

Step 4 Bake in a moderate oven (170°C, 350°F) for 1 hour or until chicken is cooked.

P.S. Steps 1 to 3 can be concluded well in advance; in fact the chicken will benefit from the marinade while you pamper your face with some Elizabeth Arden.

WINGED NIBBLES BERNARD

Modern packaging offers you wings for a specialised dish. Some people trim off the tips—I prefer to crunch them! In the following two methods—both quick and easy—chicken wings are threaded on to skewers. If you are using wooden skewers, don't forget to soak them in water for 4 to 5 hours before use to prevent them burning.

Method 1 Brush *chicken wings* with *ghee* and toss in McCormick *chicken pan fry*. Thread on to skewers and bake, turning occasionally, until cooked.

Method 2 Marinate *chicken wings* in *lemon juice* and *turmeric* for 2 to 3 hours. Thread on to skewers and grill or barbecue until cooked.

P.S. With this method be warned that the mouths of your consumers will be stained bright yellow—but unfortunately the colour washes off!

CHICKEN NEO-RATATOUILLE BERNARD

Here is a dish that will thrill you with the thick vegetable assortment that develops in the pan. Eat legs and wings with the fingers, dipping frequently in the sauce.

Step 1 In the bottom of a large ovenproof platter arrange sliced *tomatoes*, sliced *zucchini*, sliced *onion*, and roughly chopped *stuffed olives*. Sprinkle with salt, *cracked black pepper*, minced *garlic*, and a little oil.

Step 2 Brush *chicken legs* and *wings* with *ghee* and arrange on top of vegetable mixture. Bake in a moderate oven (170°C, 350°F) until chicken is golden crisp.

I have always been a ready hand with poultry, probably as a result of spending quite a few years as a farm boy on the hills of Maleny, in the south-east of Queensland, overlooking Bribie Island and poor lonely neglected Caloundra.



KARATE CHICKEN BERNARD

The following confection was originally developed as 'Chiropractic chicken' as a tribute to my post-graduate studies in such essential magazines as *Readers Digest*, *Womans Day*, and *True Confessions*. With the help of *Readers Digest* in a dentist's waiting room, I once diagnosed that I was suffering from every disease known to the human race, cured them all with do-it-yourself chiropractic, found God, and laughed a lot—and all this while waiting for the dentist!

The purpose of the method is to expose the total skin area of the bird to crisp browning. It also satisfies the innate lust for violence:

When in disgrace with fortune and
men's eyes

Karate chop a chook!

Step 1 Wipe *chicken*, cut down the breast bone, and open out, skin side up.

Step 2 With all your concentration give the bird a Kung Fu karate chop down the spine to flatten.

Step 3 Cover with one of the suggestions below and bake in a moderate oven (170°C, 350°F) for 1 to 1½ hours.

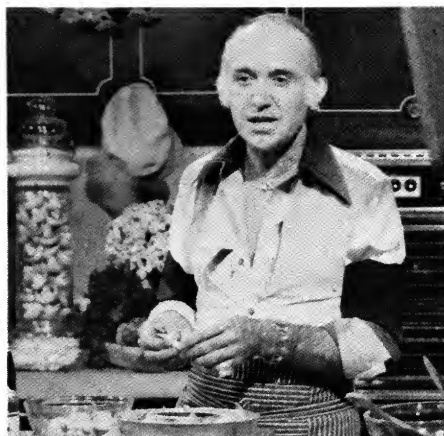
Dressings

Many years of successful serving of this dish have led to the invention of countless variations, some of which I list below. Please try the blue vein cheese dressing—it is most unusual and bound to thrill.

Mix 1 carton of thick *sour cream* with 2 portions of New Zealand *blue vein cheese*.

Heat 1 jar of Robertsons thick cut *marmalade* with some chopped fresh *ginger root* and a little *Karo dark syrup* to smooth out.

Squeeze over the juice of 2 *lemons* and 2 *oranges*.



BACON WRAP CHICKEN BERNARD

Here's a concoction for those who love both crispy chicken skin and crunchy bacon rind.

Step 1 Choose 2 small whole *chickens* and wipe clean.

Step 2 Dust with *paprika* and brown in *ghee* in a frypan. Pack with *stuffing* and secure.

Step 3 Wrap both chickens in *bacon* and place in a casserole dish.

Step 4 Squeeze over the juice of 1 *orange*. Season birds with a little *salt* and *cracked black pepper* and bake in a moderate oven (170°C, 350°F) for 1 to 1½ hours or until cooked.

Step 5 To serve, remove the chickens from the casserole and keep warm. Pour juices from casserole into a saucepan, add ½ cup of fresh *cream* and ¼ cup of *brandy*, reduce by half over high heat, pour over chickens, and serve immediately.

Stuffing To 4 cups of cooked *long grain rice* add 4 rashers of chopped *bacon*, ¼ cup of toasted chopped *almonds*, 1 cup of sliced *mushrooms*, and 1 can of *Admiral mandarin oranges*, drained.

P.S. The tangy addition of citrus to bacon has become one of my signature tunes.

ROAST TURKEY BERNARD

This technique with turkey is a real winner. Let me recommend it to you as I already have to thousands of satisfied customers. You will achieve superbly succulent dining from even the largest bird, whether it's the one that fell off the back of the truck or that very questionable animal Fred won at the local pub.

Step 1 Choose a turkey, the size of which will delight the whole family, Fred included.

Step 2 Stuff with whole cooking *apples*, skin and all, and secure. Brush with *ghee* and bake in a moderate oven (170°C, 350°F) until he starts to brown nicely.

Step 3 Remove from the oven and with a 10-centimetre paint brush cover him with Fortnum & Mason *cranberry sauce*. Wrap in foil and finish cooking. The cooking time will be about 2 to 2½ hours in all for the average sized bird.

I think ladies are lucky that parties tend to segregate the sexes. You've heard those tall tales of former athletic glory before.



Karate Chicken Bernard

PEPPERED FILLET BERNARD

This entire operation can be conducted at your bedside, using a chafing-pan and one hand. Keep the plate of rice warm on the hot side of your electric blanket.

Step 1 Take thick slices of *fillet steak* and trim away fat. Pack steaks on both sides with *cracked black pepper*. Really grind that pepper in, using a heavy heel of the hand.

Step 2 Melt *butter* in frypan, add steaks, sear one side to brown, then repeat for the other side. Cook over a high heat to get that lovely crusty surface, well browned but with the meat still rare inside.

Step 3 When cooked to your taste, pour over *brandy* and ignite. Repeat this three or four times to build up the flavour. In my experience a real brandy tang will be achieved by using plenty of brandy.

Step 4 Arrange fillets on a bed of hot *long grain rice* and keep warm.

Step 5 To pan add sliced *mushrooms* and a little fresh *cream*; cook over high heat for 2 to 3 minutes, then pour over fillets. Be aware that today's mushrooms need only to be warmed not cooked.

Step 6 Serve immediately.

SIRLOIN BERNARD

There are several cuts of beef that should be cooked fresh for the party. The smell in the air, the activity in the oven, the warm homely welcome of a side of beef never fail. Even my toughest critics have often commented on the fact that I don't pre-cook everything I am going to serve.

Step 1 Ask for a fine fat *sirloin*—don't trim.

Step 2 Slash several times and pack with McCormick *cracked black pepper*. Season with a little *salt*.

Step 3 Brown in a very hot oven (260°C, 500°F), then reduce heat to moderate (170°C, 350°F) and finish cooking, allowing 10 minutes per 500 grams.

P.S. I still often use whole *peppercorns*—especially when the noise of cracking will be distressing—it can be like having a trail bike on the bench!

Vegetables should be used more often as a main course rather than just the support—zucchini, baby squash, pumpkin, mushrooms, or beans, green or dried.

BEEF SPARERIBS BERNARD

Slopping with spareribs can be sensational, pseudo-American, and very chic. Offer them rare, or crunch them to the really well-done stage when many of your guests will enjoy munching on the bones. I would suggest you make extra sauce for return dips.

Step 1 Marinate *beef spareribs* in *lemon juice*, *Tabasco sauce*, and *paprika* for at least 6 to 8 hours. Drain and reserve marinade.

Step 2 Brown spareribs in frypan and finish cooking in a hot oven (200°C, 400°F).

Step 3 To pan add 2 tablespoons of *tomato paste*, 2 tablespoons of *brown sugar*, ¼ cup of the marinade, and a little Karo *dark syrup*. Heat through and serve with spareribs.

P.S. Frequent basting using a 10-centimetre paint brush will highlight the flavour.

BONED LEG OF VEAL BERNARD

Here's a show-piece for pre-winter serving, delicious hot or cold. It is superb the next day. If you add the bone to the casserole for the cooking time, the stock will jell beautifully—and the kids or the dogs will love the bone.

Step 1 Sauté a few *kidneys* with some sliced *onions* and *mushrooms*. Remove and add to 4 cups of pre-cooked Mahatma *long grain rice*. Add ½ cup of chopped *ham* and season with *salt* and *cracked black pepper*.

Step 2 Take your boned *leg of veal* and stuff with rice mixture; roll up and secure with string. Now give the veal a good talc dusting with *paprika*. Heat a little *ghee* in frypan and brown veal all over. Remove and settle into a deep casserole.

Step 3 Pour over 2 cans of whole *tomatoes* and 1 bottle of *cardamom pods*. Cover and pop into a hot oven (200°C, 400°F) for 15 minutes, then reduce heat to moderate (170°C, 350°F) for the remaining cooking time.

An autumn party should finish with a feed, so offer a Crockpot of something sobering last: Big Beans with Chilli, Beef and Vegetables, a ham and pea soup. Those motoring guests will reach their homes without contributing to accident statistics.

SAUTEED VEAL KIDNEYS
BERNARD

I like to offer veal kidneys because they are especially mild in flavour and fine in texture. If you are planning to cook quantities pre-arrange with the butcher to have supplies ready for the appropriate date, remembering that even the best bred veal has only two kidneys.

Step 1 Trim *veal kidneys* and cut into thick slices. Marinate in *brandy* all day.

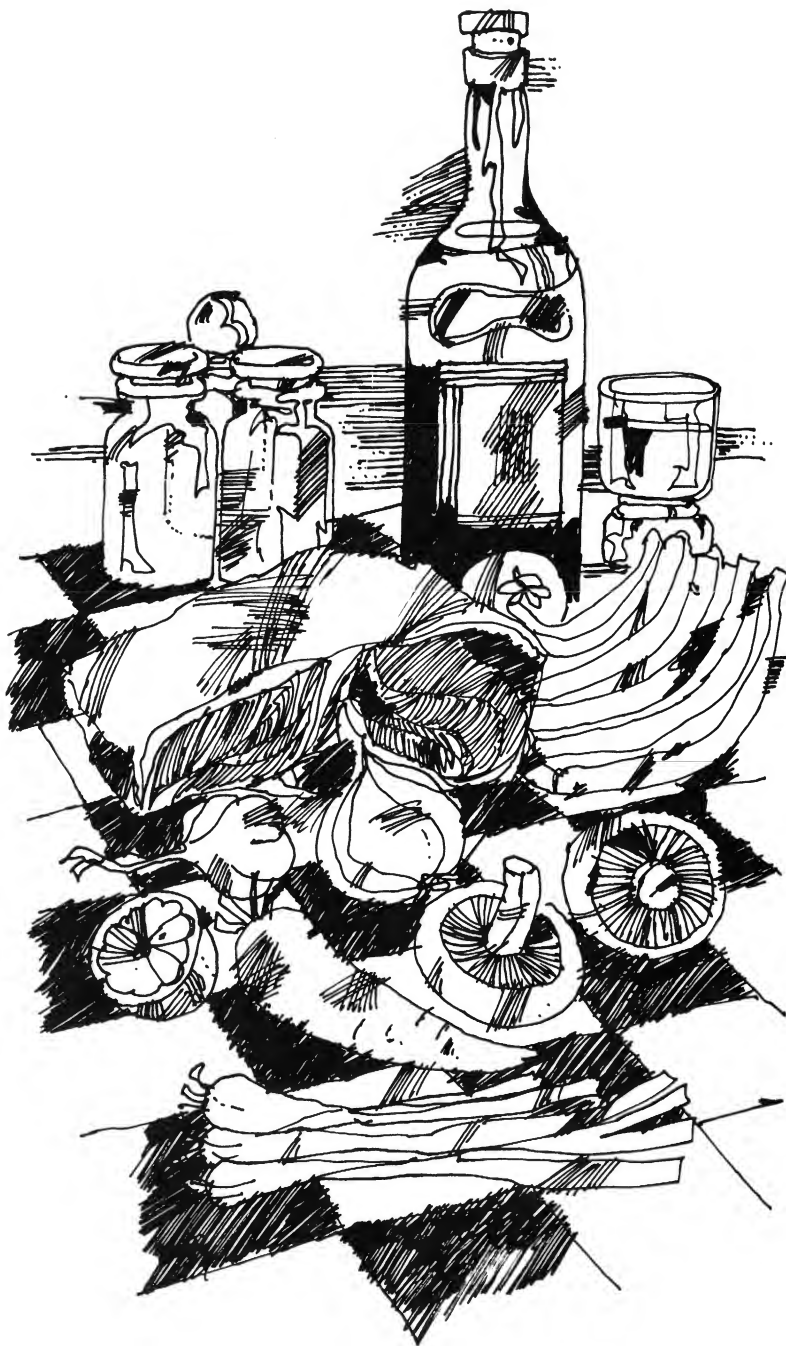
Step 2 When you're ready to eat melt *butter* in pan and add chopped *shallots*, minced *garlic*, and *cracked black pepper*. Drain kidneys and sauté in pan until brown; they won't take long to cook. Please reserve marinade—here's why.

Step 3 Pour over some of the brandy marinade and fresh *cream*. Simmer gently until sauce thickens.

Step 4 Make a bed of boiled Mahatma *long grain rice* in your serving dish. Spoon kidneys and sauce over rice. Warm a little extra brandy, pour over, and ignite. Serve immediately.

P.S. On the rare occasions when I do offer breakfast, between midday and 3 p.m., I feel that flaming kidneys are a vast improvement on poached eggs, or as I like to call them—*oeufs poachee*.

Fellow Australians, I humbly suggest that you should offer the pride of our primary producers—our glorious beef—in as simple a form as you like but always with the knowledge that you are the only families in the world eating beef for the sixth time this week.



BARBECUE RUMP BERNARD

I don't desecrate the great outdoors. As you can see in the picture below I really do barbecue, but on connoisseur level. You, dear readers, are probably clouding the autumnal air with flavoursome fumes and fearsome fumings from flavourless Freds.

The ladies are the lucky ones who really relish the barbecue. They are allowed to prepare the salads and deliver them to the site. They are allowed to order and carry the beef and/or snags and deliver them to the site, along with the table, plates, and cutlery. In some better homes they are even allowed to carry the wood for the fire after having first chopped it. Fred will then breast the Bessers, generate a holocaust, and incinerate all the meat; and the tube will never leave the hand. After the total disaster, he will then wave generously towards 'the wife' who is then allowed to carry the mess back upstairs and clean up. All in all, a most relaxing way to shatter the calm and quiet of an otherwise ordinary day.

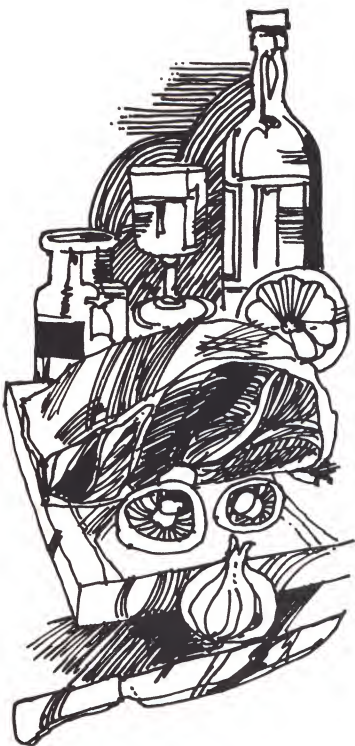
P.S. You will observe my spareribs are done in the oven while Fred chars the snags.

Step 1 Take 6 thick slices of *rump steak* and slash fat to stop curling during cooking.

Step 2 In a bowl combine 2 cups of *grapefruit juice* with 2 teaspoons of dried *tarragon*. Add steaks and marinate for 6 to 8 hours.

Step 3 Drain steaks and throw on to hot barbecue. Cook to your required taste, brushing with *marinade* during cooking.

P.S. There's a chance a good piece of rump might survive!



RACK OF LAMB BERNARD

Here's a showy dish for luncheon or dinner. If it's cool enough already in your part of the world, cook as directed then keep it warm by the fireside. The design of the cut encourages finger serving.

Step 1 Trim *racks of lamb* of any excess fat and score.

Step 2 Brown in a hot oven (200°C, 400°F), then remove and brush with *mustard*.

Step 3 Press on Kellogg's *Corn Flake crumbs* which have been mixed with *butter* and seasoned with dried *rosemary*. Return to a moderate oven (170°C, 350°F) and finish cooking. Serve with *Lima Bean Provençale Bernard*.

Lima Bean Provençale Bernard

In your Monier Crockpot layer pre-cooked Admiral *Lima beans* with sliced *onions* and *tomatoes*, *cracked black pepper*, salt, dried *basil*, minced *garlic*, and a little *oil*. Warm for 3 to 4 hours. Serve hot or chill and serve as a salad.

P.S. The Monier Crockpot offers its most appreciated support during the autumn and winter months. The modern designs look good, so sit the crock on the table with the food quietly simmering away. Let me offer a short word of advice—beware of overcooking. I feel that many of the recipe suggestions given to the Crockpot enthusiasts allow too much time.

I never care if the plates don't match—the top 200 of my closest friends eat from anything. After all I'm only café society not café!





Rack of Lamb Bernard

BAKED GLAZED HAMS BERNARD

In far too many homes the ham is served only for Christmas or New Year occasions. This shouldn't be so. I argue that while the initial outlay may appear large the satisfaction is guaranteed, the results are enormous, the preparation is effortless, and the effect impressive.

HAM 1

Step 1 Cut the skin of *ham* into four or five strips, curl each back, and secure with skewers.

Step 2 Score fat and brush with *glaze* and bake in a hot oven (200°C, 400°F) for 1 to 1½ hours or until ham is a rich dark colour. Serve warm with extra glaze.

Step 3 To make glaze, heat 2 jars of Robertsons thick cut *marmalade*, ¼ cup of chopped *root ginger*, 1 cup of *sultanas*, ¼ cup of *mixed peel*, ½ cup of *Karo dark syrup*, and 2 tablespoons of *cloves*. Cook until glaze reduces and thickens.

Note Continue to brush with glaze throughout the whole cooking time. By doing this, you build up the glaze and impregnate the ham with flavour.

HAM 2

Step 1 Prepare this *ham* slightly differently. Just remove a centre strip of skin, curl back, and secure. Score exposed fat.

Step 2 Stud most of fat with whole *cloves*; make deep slashes in remaining fat and pack with *pineapple*. Brush with *glaze* and bake as directed for Ham 1: you will not get the same dark colour because the recipe uses a light marmalade.

Step 3 To make glaze, heat 2 jars of Robertsons *lemon shred marmalade*, 2 tablespoons of prepared *mustard*, and ½ cup of *brandy*. Cook until reduced and thickened.

P.S. To get the glaze really to set and stay for the cooking, start dressing the ham in the morning of the day on which you intend to cook it. The secret is to lather on some glaze, allow that layer to set, then add more generous coatings throughout the day. The technique is rather like lacquering a piece of furniture.

Warning Your diners will love the glaze so always have another pot for dippers.

BURGERS BERNARD

If you decide to take these burgers to the barbecue, cook them in a heavy pan at the site.

Step 1 Mix together equal quantities of ground *beef*, *pork*, and *veal*. Season with *salt* and *cracked black pepper*. Pat out into large burgers with crushed *biscuits*. Any Arnotts savoury biscuit will do.

Step 2 Pan fry until brown and cooked through. Remove and keep warm. You will probably cook only 1 or 2 at a time if you have made them the right size—huge!

Step 3 To the same pan add some *tomato paste*, a fair quantity of *lemon juice*, chopped *lemon rind*, chopped *parsley*, sliced *capsicum*, and more crushed biscuits. Stir to mix and heat through. Serve with your giant burgers and throw away your tomato sauce bottle. Serve *Creamed Beans Bernard* on the side.

Creamed Beans Bernard

Cook Admiral *cannellini beans* in *chicken stock*, then drain and toss with *green beans* and fresh *cream*. Season, heat through in the oven, and serve.

Many of my acquaintances will almost apologise to me during food discussions for favouring a diet based on good old steak and three vegetables, steak and salad, chops and mash, roast lamb on Sundays. I have always thought the near apology unnecessary. We should be the proudest nation in the world to have such a magnificent basic diet. Instead of being inhibited by the 'sophisticated international gourmet' who sneers at our heavy meat diet, we should realise that other nations are forced to eat scraps scavenged from the hills.

BRATWURST SPECIAL BERNARD

The early cool of an autumn evening expresses the need for an opening number like this. Offer the pot on arrival and reserve the left-overs for that top-up before the revellers roll home.

Step 1 Chop some *speck*, throw into a large pot, and sauté a few sliced *onions*.

Step 2 Toss some *bratwurst* sausages in *flour* and brown in pot with onion.

Step 3 Add pre-cooked Admiral *borlotti* beans, pour over 2 cans of whole *tomatoes*, and season with minced *garlic*, *salt*, and *cracked black pepper*. Cover and cook over a low heat until sausages are cooked. If you find you need more liquid during the cooking, add a little *white wine*.



Before, After, Insteads

AUTUMN CRUNCH PUMPKIN BERNARD

This ultra-simple preparation has been developed over many years of serving hungry social columnists, top cooking personalities, visiting international celebrities, and my starving fellow actors. Because so many people seem to prefer the well cooked crunchy outside, this technique crunches the lot!

Step 1 Thinly slice *pumpkin*. Brush with *ghee*.

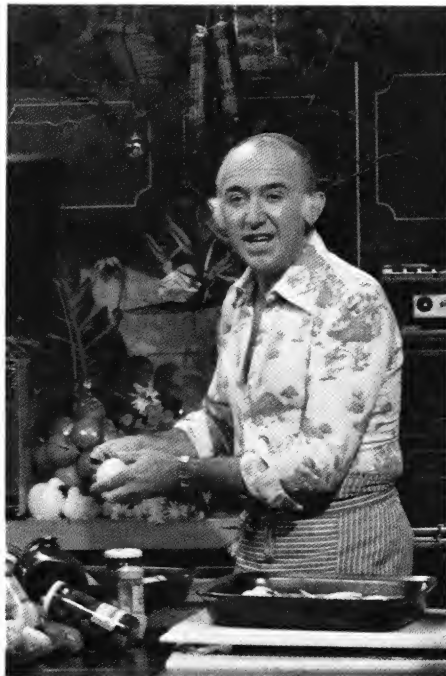
Step 2 Place in flat baking dish, sprinkle with ground *nutmeg*, and pour over Karo *dark syrup* to coat.

Step 3 Bake in a moderate oven (170°C, 350°F) until crisp brown or charred black and crunchy.

P.S. Butternut pumpkin is especially recommended for the crunch.

Stack the autumnal table with pumpkins and fruit arranged with flowers and plants. Let the major dish be the focal point.

You'll be surprised and delighted at how much fruit and cheese your international visitors will eat. While your Fred is chomping the last cindered snag, with the ubiquitous tube, they'll enjoy your blue vein, Camembert, and assorted locals!



QUICHE BERNARD

Hardly a miscellaneous dish. More a snappy entrée to a cool matinée.

Step 1 Crush 1 packet of Arnotts *P.S. crackers* and blend with 125 grams of softened *butter*. Press into flan dish and bake in a moderate oven (170°C, 350°F) for 15 minutes. Cool.

Step 2 Arrange in cooled case chopped cooked *bacon*, canned *artichokes*, sliced *zucchini*, cubes of Mainland *cheese*, and chopped *shallots*.

Step 3 Mix together 2 cups of fresh *cream*, 3 *eggs*, *salt*, and *cracked black pepper*. Pour into flan and bake in a moderate oven (170°C, 350°F) for about 30 minutes or until set.

SKEWERED FRUITS BERNARD

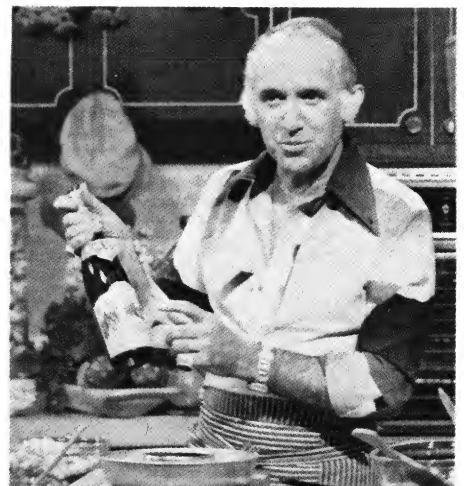
The subtle addition of crushed Arnotts biscuits lifts this dressing into the extraordinary. Connie and I won't mind if you don't reveal the secret.

Step 1 Choose a selection of Admiral canned *fruits* and drain.

Step 2 Thread the fruit on to your favourite skewers and plant them into a *watermelon* or something equally steady.

Step 3 Warm some *brandy* in a saucepan, then ignite and pour over fruits immediately. Serve with *flavoured cream*.

Flavoured Cream Whip 2 jars of thickened *cream*, and flavour with a little *Vok creme de cacao*. Crush 1 packet of Arnotts *Chocolate Monte biscuits* and fold through cream.





Skewered Fruits Bernard

PINEAPPLE RUM BERNARD

The 20th century arrives with the Amana Radarange and I take full advantage of its talents by plumping dried raisins in a matter of minutes, at the same time impregnating them with delicious flavour.

Step 1 Cut fresh *pineapples* in half and scoop out flesh. Toss in *brown sugar*.

Step 2 Put 2 cups of *raisins* into a plastic bowl and pour over $\frac{1}{2}$ cup of *dark rum*. Pop raisins into your Amana Radarange and set timer for 10 minutes. Remove and look what you have—plumped raisins in supersonic time!

Step 3 Add raisins to pineapple pieces. Crush 1 packet of Arnotts Ginger Nut *biscuits* and fold through mixture.

Step 4 Spoon back into pineapple shells and serve topped with whipped *cream*.

BRANDIED FRUIT PIE BERNARD

Perform this ritual at the table late in the evening just when conversation wanes and Fred's eyes start to sag.

Step 1 Make a crust for your pie dish by crushing 1 packet of Arnotts Nice *biscuits* and blending with 125 grams of softened *butter*; press into dish.

Step 2 Drain 2 cans of Admiral *fruit*, whatever takes your fancy, and reserve juice. Mix fruit with 1 jar of Robertsons *fruit mince*.

Step 3 Reduce reserved syrup by half. In a separate pan heat fruit through and flame with *brandy*. Spoon into pie shell and pour over syrup. Serve with mounds of whipped *cream*.

Dear Grace, please convince Fred to pour that first drink as soon as each guest arrives. The tour of the above ground pool and the barbecue assumes a graciousness if conducted with a can in the hand.

BAKED STUFFED APPLES BERNARD

The fibre content in the All-bran assists the functions so well—this could be force-feeding for the kiddies—one a day could keep them away!

Step 1 Cut tops off green cooking *apples* and keep. Remove cores. Pack with *stuffing* and pop caps back on top.

Step 2 Arrange in ovenproof dish with a little *water* in bottom. Bake in a moderate oven (170°C, 350°F) until cooked.

Stuffing Blend together over a low heat Admiral canned *nectarine halves*, chopped *walnuts*, *raisins*, or mixed *dried fruit*, Kelloggs *All-bran*, and *Galliano*.

Note Any quantity of apples can be done.

AUGMENTED MOTHER'S TART BERNARD

The Good Mother made hers without the biscuits, booze, or fruit. But then she could make pastry—thus far my talents have produced Swedish hardboard replicas only.

Step 1 Crush 1 packet of Arnotts Scotch Finger *biscuits* and bind with melted *butter*. Line a flan dish with mixture. Bake for 5 minutes in a moderate oven (170°C, 350°F), then cool.

Step 2 Dissolve 1 tablespoon of *gelatine* in $\frac{1}{2}$ cup of hot *water*; fold into 4 cups of Dairy Farmers *custard* that has been allowed to reach room temperature. Pour mixture into chilled case and allow to set in refrigerator.

Step 3 Drain 3 cans of Admiral *nectarine halves* and marinate in $\frac{1}{2}$ cup of *Grand Marnier* for 6 to 8 hours. Drain and arrange on top of custard.

Step 4 Heat 1 jar of Robertsons *red currant jelly* until it reaches a good coating consistency. Spoon over fruit and chill again before serving with lashings of whipped *cream*.

At least the Freds aren't hard to please—put pastry crusts on anything and he'll rave to his fellow drunks, as he pats the contents of his spreading singlet.

COSMETIC CAKE BERNARD

Who says I'm always extravagant? Here's a perfect way to rescue a poor fatigued sponge that didn't make the lamington line-up. By the time you have completed the therapy, even a genuine antique will look like new again.

Step 1 Take your shy dried-up *cake* and give it a *dark rum* facial.

Step 2 Choose your grandest serving dish and layer the cake with a choice of drained Admiral canned *fruits*, *ice cream*, and whipped *cream*.

Step 3 Finish with a big helping of whipped cream and pour over melted *chocolate*.

Note Work and serve quickly or your beauty may lose her make-up and the chance of a lifetime.

'PETITE FOUR' BERNARD

Get ready for luxury and please don't count the calories!

Step 1 Choose a dish with sloping sides (for easy removal of the chocolate case). Brush with *ghee* and line with foil.

Step 2 Melt enough *cooking chocolate* to line the dish of your choice and allow to cool a little.

Step 3 Pour the cooled chocolate into the dish and rotate to allow the chocolate to run around and take on the form of the dish.

Step 4 Continue rotating frequently until the chocolate is starting to set. Allow to set hard.

Step 5 Carefully lift foil with chocolate from dish. Peel away foil from chocolate case and place case on serving dish.

Step 6 Beat some thick *sour cream* with a little *lemon juice* and grated *lemon rind*. Spread over bottom of chocolate case.

Step 7 Cover sour cream with any drained canned *fruit* you fancy and sprinkle!!! with a grog of your choice such as *Grand Marnier*.

Step 8 Drizzle over some more melted chocolate and there you have it!



CLASSIC CHEESECAKE

Step 1 Crush 1 packet of Arnotts Nice *biscuits* and put crumbs into a bowl. Pour 2 teaspoons of hot *water* over 125 grams of *butter* that has been melted and blend well, then combine with the biscuit crumbs. Press mixture on to base and sides of a lightly greased 23-centimetre springform tin. Chill in refrigerator.

Step 2 Beat 750 grams of *cream cheese* which has been softened a little at room temperature. Gradually add 1 cup of *castor sugar*, beating until smooth, then add 1 tablespoon of *lemon juice*, 1 teaspoon of *vanilla essence*, and 3 *eggs*, one at a time, beating well after each one, keeping mixture as firm as possible.

Step 3 Put mixture into prepared springform tin and bake in a slow oven (150°C, 250°F) for 45 minutes. Turn off heat and allow cheesecake to cool in oven.

Step 4 Chill, then top with whipped *cream*. Sprinkle with *nutmeg* or *cinnamon*; or decorate with *strawberries*.

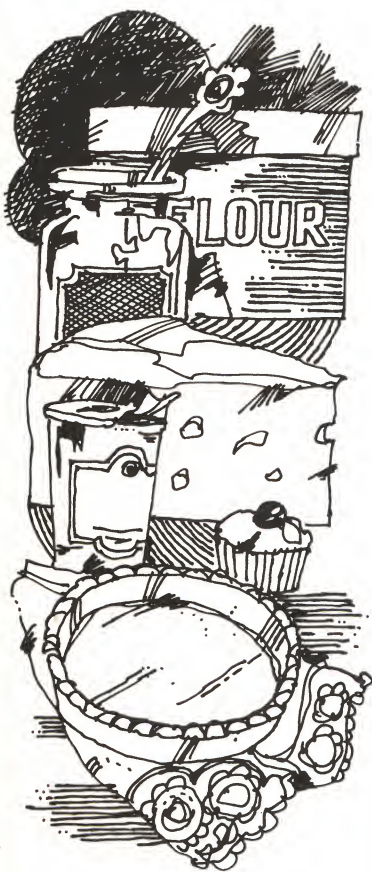
CHOCOLATE CHEESECAKE

Step 1 Make a crust by combining 1 cup of Arnotts chocolate Humpty Dumpty *biscuit crumbs* with $\frac{1}{4}$ cup of chopped *walnuts* and $\frac{1}{3}$ cup of melted *butter*. Press mixture evenly over the base of a 20-centimetre springform pan. Chill in refrigerator.

Step 2 Sprinkle 1 tablespoon of *gelatine* on to $\frac{1}{2}$ cup of hot *water* and stir briskly until gelatine dissolves. Allow to cool a little.

Step 3 Beat 250 grams of *cream cheese* until smooth, then gradually beat in 1 cup of *sugar*, 1 teaspoon of *vanilla essence*, 1 or 2 tablespoons of *creme de cacao*, and $\frac{1}{2}$ cup of melted semi-sweet dark *chocolate*. Blend well, then gradually beat in the cooled dissolved gelatine. Finally fold in 1 cup of whipped *cream*.

Step 4 Pour into prepared springform pan and chill until firm. Decorate with whipped cream and dribble a little *creme de cacao* over the top; or stir liqueur through cream and sprinkle top with grated chocolate.





Conny's Cheesecake
Top: *Classic Cheesecake*
Bottom: *Chocolate Cheesecake*